

Tired Man (Key Worker)

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Aris Liepins (SCO) - January 2021
音樂: L'uomo stanco - Orchestra Mario Riccardi



Start on main beat just after vocal

S1. Figure "8" shaped walks

1,2 Walk forward diagonally on Left across Right angling body, Hold
3,4 Walk forward diagonally on Right across Left angling body, Hold
5,6,7,8 Repeat (Add light flicks for styling)

S2. Rock Step, Shuffle, Step, Unwind Turn, Step, Slide

1,2 Rock forward on Left, recover
3&4 Shuffle backward Left, Right, Left
5,6 Step back on Right, Unwind turn $\frac{1}{2}$ to right
7,8 Slide left toe next to Right, hold (no weight) (6:00)

S3. Walk, Pivot, Coaster step, Mambo step, Slide

1,2& Step forward on Left, Right, Pivot $\frac{1}{2}$ to left
3&4 Step back on Left, together on Right, forward on Left
5,6 Rock forward on Right, recover
7,8 Step slightly back on Right, slide together Left toe (no weight) (12:00)

S4. Walk, Pivot, Sweep (2x)

1,2 Walk forward Left, Right
3,4 Pivot $\frac{1}{2}$ to left on Right, Sweep left toe slightly backward (no weight)
5,6,7,8 Repeat (12:00)

S5. Step side, together, Shuffle, Step, Pivot, Slide

1,2 Step Left to left, Right together
2&4 Into a $\frac{1}{4}$ left turn Shuffle forward Left, Right, Left
5,6 Step forward on Right, Pivot $\frac{1}{2}$ to left
7,8 Slide Left toe together, Hold (no weight) (3:00)

S6. Lock step, Shuffle, Pivot, Slide

1,2 Step Left forward, Lock Right behind
3&4 Shuffle forward Left, Right, Left
5,6 Step forward on Right, Pivot $\frac{1}{2}$ to left
7,8 Slide Left toe together, Hold (no weight) (9:00)

S7. Cross Rock Step, Shuffle, Step, Pivot, Slide

1,2 Rock on Left across Right, Recover
3&4 Into a $\frac{1}{4}$ left turn shuffle forward Left, Right, Left
5,6 Step Right forward, Pivot $\frac{1}{4}$ to left
7,8 Slide together Left toe, Hold (no weight) (3:00)

S8. Steps side, behind, Shuffle, Step, Pivot, Slide

1,2 Step Left to left, behind on Right
3&4 Into a $\frac{1}{4}$ left turn shuffle forward Left, Right, Left
5,6 Step Right forward, Pivot $\frac{1}{4}$ to left
7,8 Slide together Left toe, Hold (no weight) (9:00)

Repeat

**The dance has 7 complete walls and ends on section 5 (6:00) .
Add Walk on Left, Right, pivot $\frac{1}{2}$ to left to face the wall 1 again.**
